

# 8 Reasons Korean Women Don't Get Fat

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When it comes to diets and having a healthy physique, there's this weird thing going on with Korean women. They seem to be mostly immune to being overweight and always look at their very best. Since there's an entire nation of women managing to keep their weight up to a proper level, we should probably learn from them whatever we can. It's pretty obvious they're doing something right, at the very least.

Let's take a look at some factors that might influence why Korean women are much less likely to become overweight.

## They Barely Eat Fast Food

As much as we all love our weekly McDonald's, it's not good for you. You want to believe with all your heart that it is, but it's slowly clotting up your arteries and bringing you inches closer to an untimely death. That Big Mac sauce is something else, though.  
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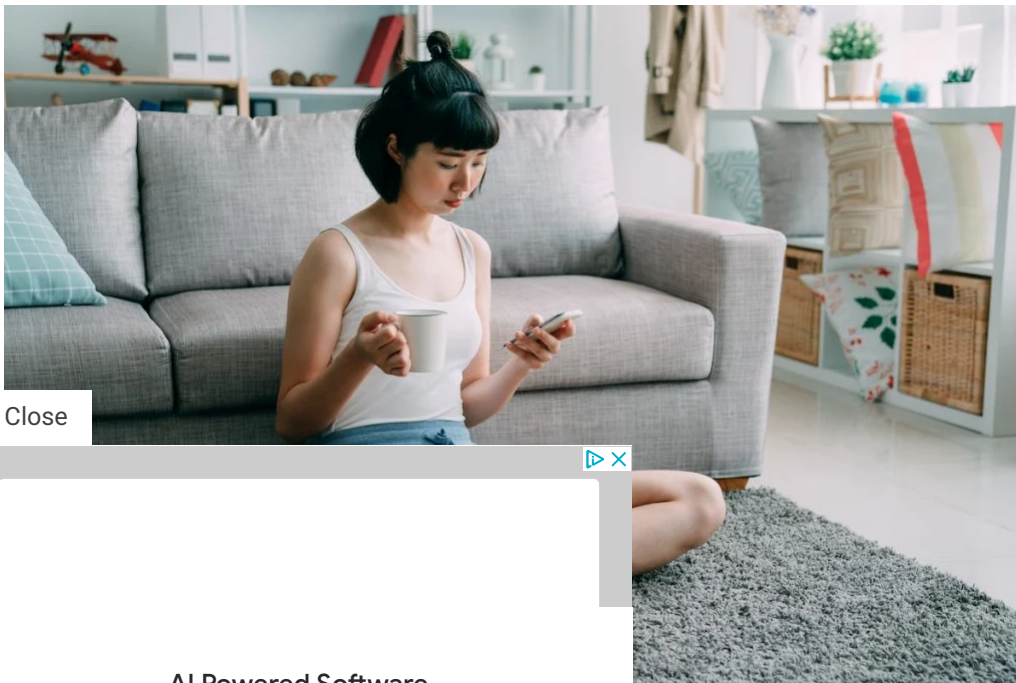
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## They Drink Tea

Tea is one of the healthiest beverages on the planet, and it's surely miles healthier than sodas that are immensely popular in the western world. Maybe we should all be more like Cristiano Ronaldo and drink "agua" instead of Coca Cola.



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